

# Penne with Asparagus and Cherry Tomatoes

## Ingredients:

- 8 ounces penne whole wheat pasta
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 1 1/2 pounds asparagus, trimmed and cut into 1-inch pieces
- 2 cups cherry tomatoes
- 1 cup peas
- 1/2 cup chicken broth
- 1 cup parmesan, grated
- 2 tablespoons fresh basil, chopped

## Directions

1. Bring a large pot of water to a boil.
2. Add pasta and cook until al dente, about 8-10 minutes. Drain.
3. Heat oil in a large sauté pan.
4. Add garlic and cook 1 minute.
5. Add asparagus and cook until slightly soft.
6. Add the cherry tomatoes and peas. Cook another 2 – 3 minutes.
7. Add chicken broth and cook until tomatoes start to burst and stock is reduced by half.
8. Transfer asparagus mixture to a large bowl.
9. Add pasta and half the parmesan. Toss to incorporate.
10. Garnish with remaining parmesan and chopped basil. Serve.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>(264g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>310</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 166mg	15%
Iron 4mg	20%
Potassium 547mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

